

InsideOut

It's Your Health; Own It!



May 2015

In This Issue: Employee Health and Fitness Month; Tobacco Free Workplaces; Wellness Spotlight; Health & Safety Expo

Fueling Your Fitness

Get the most out of your exercise performance by optimizing your energy level with nutrient dense food. Fueling your body with the right nutrients before and after exercise- regardless of your exercise intensity- is one of the most important things you can do for your body.

Calories = Energy

Three macronutrients provide us with calories for energy: carbohydrates, proteins, and fats. Since these nutrients are necessary for growth, metabolism, and other body functions, we need to consume them throughout the day, especially for active individuals pre- and post-workout.

Carbohydrates are our immediate source for energy and necessary for brain and organ function. Each gram of carbohydrates gives us 4 calories. In a typical diet, approximately 60% of your daily calories should come from carbohydrates. Proteins are needed for building and repairing body tissue, fighting illnesses through antibodies, and maintaining proper fluid and electrolyte balance. Whether plant or animal-based, proteins yield 4 calories/gram and should account for approximately 20% of daily calories.

Like proteins, fats should account for about 20% of daily calories. Fats are the most efficient source of energy with 9 calories/gram and help absorb fat soluble vitamins A, D,



E and K. Essential fatty acids are needed for growth, development, and cell and brain function.

Vitamins, Minerals, and Fluids

Vitamins, minerals, and fluids are also important to remember while fueling your fitness. Deficiencies in these can impede performance and recovery. Since water is the medium for all cellular activity, we need to drink half of our body weight in ounces each day. For example, a 150 pound person should consume 75 ounces of water every day. To prepare for fluid loss with activity, drink additional water before, during, and after exercise.

For more information or to schedule a health coaching appointment email omchew@rl.gov or call 376-3939.

Featured Presentations

Invite us to your next meeting! To schedule a presentation, call us at 376-3939 or email omchew@rl.gov.

Understanding Food Labels

Food labels can be complex, but this interactive presentation will show you how to identify claims and facts.

Meal Planning

Learn how to plan your week, create a shopping list, and prepare your meals at and away from home. Tips and tools to implement during the work week.

"Diets" vs. Diet

Learn how to make a healthy diet part of your life and quit jumping from fad diet to fad diet.

Nutrition Basics

Learn the basics of nutrition and how healthy eating supports a healthy lifestyle. Includes a description of food groups, calories, and nutrients.

Fueling Your Fitness

Learn how to eat properly to increase your energy, manage your weight, and feel your best.

Employee Health & Fitness Month

May is Global Employee Health & Fitness Month (GEHFM)! The goal of GEHFM is to promote the benefits of a healthy lifestyle to employers and their employees through worksite health promotion activities and environments.



Any activity that encourages movement, offers a health message, is fun, and in which anyone—no matter what their current physical activity level is—can participate is a great idea! For example, HPMC OMS is holding an “Employee Health & Fitness Day”, where a variety of activities including group walks, meetings on the move, and routine activity breaks encourage employees to be active. Here is a sample list of ideas to plan with your workgroup:

Hanford WorkFit: Take 10 minutes a day and complete a series of Hanford [WorkFit](#) exercises of your choice.

Bike to Work Day: Plan a bike-to-work event that may be modified to include a Bike Poker Run during lunch breaks. Employees sign up to ride laps around the parking lot. Each lap earns a poker chip. Poker chips “cash in” as company donations to a local charity or toward an incentive for the employees.

Fitness Trail: Set up a fitness trail in and around your building. Post signs at elevators encouraging the use of stairs, designate stretching areas, and water stations. You can also map out a 30-minute walking route for employees.

Giant Salad Bowl Lunch: Employees each bring in a different item to put into a giant salad. Provide a variety of fat-free dressings.

Snack Attack: Stage a competition for various teams to prepare and share healthy snacks with their team or department. Each participant brings recipes with nutrition information. Recipes are then posted in a company healthy snack cookbook.

Upcoming Health Promotion Events

May 2	Dirty and Proud Obstacle Mud Run
May 9	Run For Ribbons
May 12-13	Health & Safety Expo
May 16	Fiasco in Pasco
June 4	Worksite Health Fairs
June 11	Worksite Health Fairs

Worksite Wellness Spotlight

Garth Reed, ORP



Garth joined DOE-ORP in 2008. In addition to his engineering duties, Garth is also a champion for the ORP health and wellness program including leading Hanford WorkFit, organizing health fairs, and arranging monthly health and wellness presentations. Garth is also a board member on the DOE-Fit organization which is an all-volunteer group that promotes health and wellness within the Office of River Protection and Richland Operations Office.

For many years, Garth has been an advocate for health and wellness including a previous certification as a personal trainer. His current main fitness hobby is running. After completing his first marathon in 2012, Garth was “bitten by the running bug” and now has three marathons planned over the next 14 months. Between running, family, and work, he works to maintain health and wellness of the whole person—mind, body, and soul. Garth is currently pursuing a Master’s degree in Human Performance and Exercise Science.

NIOSH Recommends Tobacco Free Workplaces

A new report from the National Institute for Occupational Safety and Health (NIOSH) recommends that all workplaces become tobacco-free and that employers make tobacco cessation programs available to workers.

NIOSH also recommends that employers incorporate tobacco cessation support programs into a more comprehensive approach that addresses the overall safety, health, and well-being of workers.

These NIOSH recommendations align with the current worksite wellness programs provided by HPMC OMS, including tobacco cessation for those workers desiring to quit. [Read the full article here](#); and contact us for more information on [worksite health and wellness programs](#) at Hanford.

Health & Safety Expo

Stop by our booth, *Brain Fitness!* Test your skills in interactive games and learn how to train your brain throughout life.

Where: TRAC Center in Pasco

When: May 12-13; 7am—7pm both days

MAY 2015

The best way to get good nutrition is to get whole plant foods in your daily diet. But many of us love the ease of packaged, prepared foods.

You can still find nutritional value in many ready-made foods.

- 1** Choose products with whole grains and a minimum of 3 grams of fiber per serving.
- 2** Limit sugar to 3 grams per serving; avoid corn sweeteners.
- 3** Limit canned products and choose those labeled *low sodium* (140mg or less per serving).
- 4** Limit fast-food meals.
- 5** Avoid products with mile-long ingredients lists.

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***Fit Tip:* Need a Personal Trainer?**

Get in shape during your work breaks with some of the latest smartphone apps. Choose the best app to help you achieve your fitness goals in the privacy of your own office or cubicle. No equipment necessary! Check out these new apps with a quick search in the app store for your mobile device:

Workout Trainer: Follow along to workouts with audio instructions and progress cues.

BodBot: Personalize your exercise and nutrition to tailor to your goals.

Just 6 Weeks: All you need is 15 minutes three times a week, a comfortable spot, and your smartphone.

Heart Beat Rate Pro: A great tool to monitor your heart rate during your walk breaks and stair climbs.

Runtastic Pedometer Step Counter & Walking Tracker: An easy way to keep track of mileage, steps, average miles per hour, and much more.

Easy Barbecue Chicken



It's time to fire up the grill! Follow this simple recipe and continue to eat smart this spring.

We appreciate your readership! If you have questions, want to enroll in a program, or have a request, please call 376-3939, email omchew@rl.gov, or visit us at www.hanford.gov/health for more resources. May **Eat** Catch Phrase: *Eat For Your Well-being!*

